



Chicken Diane Style

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brandy
- 0.5 cup chicken broth
- 2 teaspoons parsley dried
- 2 teaspoons chives fresh chopped
- 1 pound mushrooms fresh
- 0.5 teaspoon ground pepper black
- 2 tablespoons mustard dijon-style prepared
- 2 small onions chopped

- 0.5 teaspoon paprika
- 0.5 teaspoon salt
- 8 chicken breast halves boneless skinless

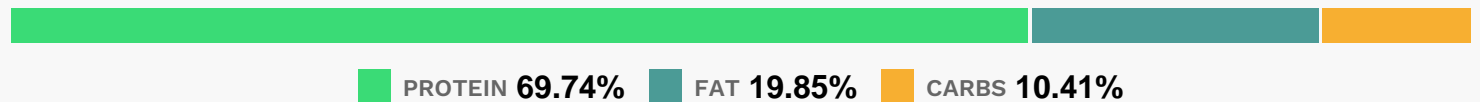
Equipment

- bowl
- frying pan

Directions

- Saute onions and mushrooms in a large skillet over medium heat.
- Remove onion/mushroom mixture from skillet and reserve; add chicken breasts to skillet.
- Saute for 4 minutes, then turn over and add mushroom mixture on top.
- In a small bowl mix salt, pepper, paprika, chives and parsley together then sprinkle mixture over chicken. In a medium bowl combine the broth, brandy and mustard and blend together.
- Pour over chicken, reduce heat to low and simmer for 20 to 25 minutes or until chicken is cooked through (no longer pink inside).

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:20.045217006103%

Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 226.14kcal (11.31%), Fat: 4.42g (6.81%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2.67g (2.96%), Cholesterol: 96.82mg (32.27%), Sodium: 501.34mg (21.8%), Alcohol: 3.34g (100%), Alcohol %: 1.48% (100%), Protein: 34.98g (69.96%), Vitamin B3: 18.57mg (92.84%), Selenium:

57.17µg (81.67%), Vitamin B6: 1.24mg (62.17%), Phosphorus: 395.89mg (39.59%), Vitamin B5: 3.33mg (33.32%), Vitamin B2: 0.48mg (28.22%), Potassium: 851.1mg (24.32%), Copper: 0.3mg (15.16%), Magnesium: 51.77mg (12.94%), Vitamin B1: 0.18mg (12.24%), Zinc: 1.37mg (9.13%), Manganese: 0.15mg (7.44%), Vitamin C: 5.38mg (6.52%), Iron: 1.15mg (6.37%), Folate: 24.18µg (6.05%), Fiber: 1.49g (5.94%), Vitamin B12: 0.34µg (5.59%), Vitamin A: 147.77IU (2.96%), Vitamin E: 0.38mg (2.52%), Calcium: 21.03mg (2.1%), Vitamin D: 0.3µg (2.01%), Vitamin K: 2.04µg (1.94%)